Title: Gym Band Tha (Episode 1 - Detailed Cinematic Script)

Goal: Viral + Strong Acting + Realistic Horror Feel

Scene 1 - Hook (0-3 sec)

Camera: Handheld, slightly shaky, close-up face.

Acting: Heavy breathing, slight panic, eyes searching.

Dialogue: 'Bhai… ye gym aaj band tha…'

Tip: Deliver this line quickly to stop scroll.

Scene 2 - Environment Reveal (3-10 sec)

Camera: Slowly rotate phone to show empty gym.

Lighting: Keep dim, avoid bright lights.

Acting: Confusion, slow head movement.

Dialogue: 'Main… andar kaise aa gaya…?'

Scene 3 - Rising Tension (10-18 sec)

Camera: Walk towards gate, mid shot to close-up.

Action: Try opening gate 2-3 times.

Sound: Real door sound (important).

Dialogue: 'Gate khul kyun nahi raha…?'

Scene 4 - Twist Reveal (18-24 sec)

Camera: Close-up on lock.

Zoom: Slight zoom-in (edit or manual).

Acting: Shock, eyes wide open.

Dialogue: 'Ye lock… bahar se laga hai…'

Scene 5 - Cliffhanger (24-30 sec)

Camera: Static, slight tilt.

Sound: Light machine tapping sound (tak…tak…).

Acting: Freeze, then slowly turn head.

No dialogue.

Editing Guide

Use quick cuts. Keep background music low.

Add subtle bass for tension.

Use natural sounds more than effects.

Camera Settings

1080p, 30fps. No flash. Use natural lighting.

Episode 2 Idea

Return to gym. Everything normal. Mirror shows extra presence.

Episode 3 Idea

Objects move slightly. Voice hint: 'Tu hi hai…'

Performance Tips

Less dialogue = more impact.

Focus on eyes and breathing.

Keep it realistic, not dramatic.